First Month

Conception to About Week Eight (after your last period)



YOUR BABY

- Your baby will be about ¼ to 1 inch long at the end of this month and will weigh less than 1 ounce.
- ♥ For the first eight weeks, your developing baby is called an "embryo."
- ➡ Hereditary characteristics were set when the sperm met the egg (ovum).
- The father's sperm determined your baby's sex.
- The brain and the nervous system are forming.
- The heart and lungs are forming, too.
- Tiny spots for ears, eyes and nose are showing.
- **♥** Arm and leg buds are forming.
- The baby is growing inside a sac of amniotic [am-nee-ot-ic] fluid (bag of waters).

- You were two weeks pregnant when you missed your first period.
- Your pregnancy test turned positive about 10 days later.
- You were six weeks pregnant when you missed your second period.
- The placenta [pluh-SEN-tuh] is forming and making hormones that prepare you for pregnancy.
- You may feel nausea ("morning sickness") any time of the day.
- You may feel tired.
- Your breasts may begin to feel tender.
- Your uterus is growing larger, but you can't feel it.
- **♥** You may urinate more often.
- You haven't gained weight or changed body size this month.

- Make an appointment to start prenatal care with your doctor as soon as you think you are pregnant.
- Check with your doctor or clinic before taking any medicine.
- **♥** Avoid x-rays while you are pregnant.
- Avoid tobacco, alcoholic drinks and other drugs unless prescribed by your doctor.
- Limit drinks that have caffeine (colas, teas, coffee).

- Take your prescribed vitamins.
- ▼ Eat a balanced diet, including cereals and grains, fruits, vegetables, dairy products and meat and beans.
- Drink six to eight glasses of water, juice, and/or milk every day.
- Talk with your partner about feelings you both have for this pregnancy.
- Decide how you will tell your family, friends and employer about your pregnancy.



Second Month

Weeks Eight to Twelve (after your last period)



YOUR BABY

- Your baby will weigh about ½ to 1 ounce and will be about 2¼ inches long by the end of the month.
- ▼ This is a key month in your baby's growth. The baby's formation is very sensitive to hazards of the environment. All major body organs and systems are formed but not completely developed.
 - Seeing and hearing structures are in a critical time of growth.
 - Facial features are forming. (Eyelids form and grow but are sealed shut).
 - The head is large, since the brain grows faster than the other organs.
 - Cartilage, skin and muscles are starting to shape your baby's body.
 - The umbilical [um-BIL-uh-kul] cord has formed.
 - Fingers, toes, fingernails, ears, ankles and wrists are forming.
 - The stomach, liver and kidneys are developing.
 - The heart is beating.

- You may gain a pound or two during the month.
 - Your waist size is likely to start increasing.
 - Your breast size increases and the nipples begin to darken.
- The uterus may feel like a small lump above your pubic bone.
 - It is softer, rounder and larger now.
 - As it crowds the bladder, you may urinate more often.
- The placenta is growing.
 - More hormones are being produced.
 - The tissues around the vagina become bluish as an increased blood supply nourishes the baby.
 - The vaginal flow becomes thicker, whiter and stickier.
- You may feel more tired and need to rest more as your body adjusts to being pregnant.
- ▼ Nausea (morning sickness) may still occur and may be more noticeable in the morning.

- Begin regular prenatal checkups with your doctor this month.
 - Ask for prenatal test results: blood type and Rh factor, anemia, blood pressure, urine, weight.
 - Ask about any drugs you are taking.
 - Get prescribed vitamins and iron.
- Exercise: Walk, swim or bike 15 minutes daily.
- Try to enroll in a prenatal class.
- Discuss feelings, ideas or worries with your partner that you may have about the effects of pregnancy.

- ➤ Eat a balanced diet including cereals and grains, fruits, vegetables, dairy products and meat and beans.
 - Take your prescribed vitamins.
 - Drink six to eight glasses of water, juice, and/or milk each day.
 - Avoid alcoholic drinks, tobacco, caffeine and drugs unless prescribed by your doctor.
 - Avoid paints (except latex), pesticides and aerosol sprays.
- Find out if you have insurance for maternity and baby benefits.



Third Month

Weeks Twelve to Sixteen



YOUR BABY

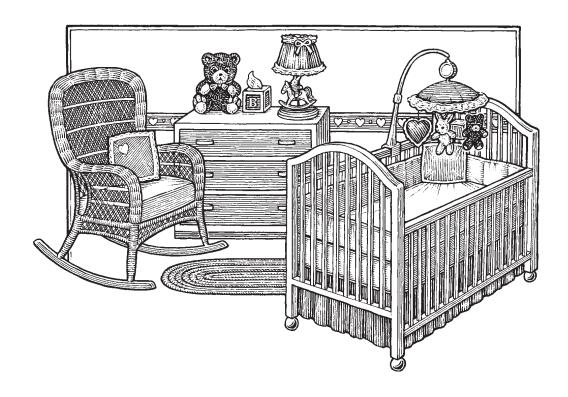
- ➡ By the end of the month your baby will weigh about ¼ pound and will be about 2¼ inches long.
- ◆ After eight weeks, an embryo (baby) is called a "fetus."
- The baby is still too tiny for you to feel movement.
 - The ears, arms, hands, fingers, legs, feet and toes will be formed this month.
 - Your baby's vocal cords are formed.
 - The neck is well shaped.
 - The head can be held up.
 - Reflex movements allow your baby's elbows to bend, legs to kick and fingers to form a fist.
 - The sex of the baby is easy to tell now, if you could see inside the uterus.
 - The heart beat is 120 to 160 beats per minutes.
 - Blood is now going through the umbilical cord to the baby.

- About one cup of amniotic [am-nee-OT-ik] fluid surrounds your baby.
 - The baby's kidneys now circulate the fluid swallowed by the baby back into the amniotic sac.

- You may begin to feel better by the end of this month.
 - You may be sick to your stomach less.
 - You may have more energy.
- You may have gained about 2 to 3 pounds.
 - You may begin to feel more hungry.
- The placenta is now formed. Hormones are keeping your pregnancy healthy.
 - You may be able to feel your uterus above the pubic bone.
 - Your uterus may harden from contractions.
 - You may be constipated.
 - You may sweat more.
 - You may be happy or sad for no reason.

- Keep your prenatal checkup with your doctor this month.
 - Ask about the changes in your body that worry you.
 - Ask about your tests.
- ▶ Eat a balanced diet, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.
- Drink six to eight glasses of water, juice and/or milk each day.
- Avoid using paints, pesticides and spray cans.

- You need to exercise each day.
 - Walk, swim or bike 15 minutes daily.
- ➡ Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
 - Take only medicines prescribed by your doctor.
- Share your feelings about having the baby with friends and family.
- Check your budget and begin to set aside some money for baby items.



Fourth Month

Weeks Sixteen to Twenty



YOUR BABY

- Your baby will be about 10 inches long and will weigh about ³/₄ pound by the end of this month.
- Your baby starts a growth spurt in length and weight.
- Hair begins to grow.
 - Hair appears on its head.
 - Downy hair called lanugo [luh-Noo-goh] covers its body.
 - Eyebrows and eyelashes start to grow.
- The skin is pink and transparent and starts to fill out with fat.
- The kidneys make urine.
- Your baby can swallow and hear your voice.
- Your baby enjoys moving and kicking about in the amniotic sac.
 - The amniotic fluid increases a lot this month.
 - You may feel its movements this month.

- The umbilical cord continues to grow and thicken to carry enough nourishment from you to your baby. But it also can pass along hazards like tobacco, alcohol and other drugs.
- This month marks the midpoint in pregnancy.
 - The heartbeat will be heard.
 - A special stethoscope called fetoscope [FEE-toh-skohp] will be used.

- Your pregnancy is beginning to show. You probably need maternity clothes and bigger bras this month.
 - You gain ³/₄ to 1 pound a week for 3 to 4 pounds this month.
 - Your nipples, the area around them, and the line on your abdomen (linea negra [LIN-ee-uh NAY-gruh]) darken.
 - Your placenta releases hormones that help to soften some of your joints and muscles to make labor and delivery easier.

- You are less tired.
- You may begin to find you enjoy being pregnant.
- You may be hungry more often.
 - You may feel cravings for some foods.
- Your uterus will be just below your navel by the end of this month.

- **♥** Keep your prenatal checkup with your doctor this month.
- Eat a balanced diet, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.
- Drink six to eight glasses of water, juice and/or milk each day.
- Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
- Take your prenatal vitamins and iron.
- Get daily exercise.
 - Walking is a good choice.
 - Learn and practice the Kegel and pelvic rock exercises.

- Lie down and get your feet up at least 30 minutes a day.
- Choose comfortable clothes to fit your changing size.
- You will probably gain about 1 pound a week or 12 pounds during the second trimester.
- Talk about what the baby will be like and about your new responsibilities with your partner.
- Use your seat belt properly. Place the lap belt under your abdomen as low on your hips as possible and across your upper thighs. Position the shoulder belt between the breasts



Fifth Month

Weeks Twenty to Twenty-Four



YOUR BABY

- Your baby will be about 12 inches long and will weigh about 1½ pounds by the end of this month.
- You will feel your baby become more active, turning from side to side and sometimes head over heels.
 - You will feel its arms and legs move.
 - There will be active times and quiet times. The baby sleeps and wakes at regular intervals.
- The skin is protected by a white, cheesy secretion as the baby moves in the amniotic fluid.
 - The skin is wrinkled and red.
 - The skin is filling out with fat.
- The eyelids are still closed.
- The fingernails are growing.
- The heartbeat is easy to hear with a special stethoscope.

- You feel good most of the time.
 - People tell you that you look good.
 - You have the "bloom of pregnancy."
- **▶** You will gain about ³/₄ pound a week.
 - About 3 to 4 pounds a month.
- Your breasts grow larger, softer and the veins start to show.
 - Colostrum [Kuh-LOSS-trum] may leak from your breasts.
- You can feel the uterus at the navel or just above.
- ♥ Your heart may beat faster.
- Constipation may be a problem until the end of your pregnancy.
- Your hair may feel thicker and more oily.
- You may get leg cramps, especially at night, if you're not getting enough calcium.
- ➤ Sometimes you may find it hard to cope. This can happen almost anytime during pregnancy. It is important to share your feelings with someone close to you.

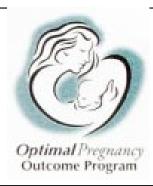
- Continue your prenatal checkups as scheduled with your doctor.
- Eat a balanced diet, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.
- Drink six to eight glasses of water, juice and/or milk each day.
- Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
- Take your prenatal vitamins and iron.
- **▶** Buy well-fitting support bras.
- Find a class for expectant couples.
 - Learn how to breathe and how to relax.
 - It will help you during labor.

- Walk and do Kegel and pelvic rock exercises every day.
- Take time for a rest period every day.
 - Lying on your left side may be more comfortable.
- Discuss your concerns about parenting with your partner.
- Share your good and bad feelings about having the baby with friends and family.
- ♥ Know the importance of wearing non-restrictive clothing.
- Use your seat belt properly. Place the lap belt under your abdomen as low on your hips as possible and across your upper thighs. Position the shoulder belt between the breasts.



Sixth Month

Weeks Twenty-Four to Twenty-Eight



YOUR BABY

- Your baby is growing more rapidly and will be about 15 inches long and weigh about 2½ pounds by the end of this month.
- Your baby is big enough to be felt when your abdomen is examined.
 - The skin is still wrinkled, red and covered with fine, soft hair.
 - The finger prints and toe prints are forming.
 - The eyes are almost developed.
 - The eyelids can open and close.
- Your baby can kick, cry and hiccup.
 - Noises from the outside may cause the baby to move or become quiet.



- You continue to gain about 3 to 4 pounds a month.
 - You may develop stretch marks on your stomach, hips and breasts.

- You may feel the fetus kicking strongly now.
- The uterus may be felt above the navel.
 - Tightening and relaxing muscles in your uterus (Braxton-Hicks contractions) are preparing you for labor.
- Your back may hurt. Wear low-heeled shoes or flats. Exercise can help to prevent backaches. Don't stand for long periods of time.
- Your appetite is good.
 - Nausea is rare, though heartburn may follow heavy, greasy or spicy meals.
- You look healthy.
 - Your skin has a special glow and your eyes sparkle.
- Your sex drive may increase or decrease and change from week to week.
- You feel more involved with the baby growing inside you.
- You may think about things that can go wrong with your baby.
 - Most women do at some time in pregnancy.

- ♥ Continue your prenatal checkups with your doctor as scheduled even if you feel great.
- ▼ Eat a balanced diet, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.
- Drink six to eight glasses of water, juice and/or milk each day.
- ➡ Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
- Take your prenatal vitamins and iron.
- Take needed rests lying on your left side.
- You may be constipated. Continue exercise, drink plenty of fluids and eat fruits and vegetables.
- Talk about childbirth experiences with other parents.
 - If you have concerns, write down questions to ask your doctor or clinic.
- Buy well-fitting support bras.
- Find a class for expectant couples.
 - Learning how to breathe and relax will help you during labor.

- Walk and do Kegel and pelvic rock exercises every day.
- Take time for a rest period every day.
 - Lying on your left side may be more comfortable.
- Discuss your concerns about parenting with your partner.
- Share your good and bad feelings about having the baby with friends and family.
- ♥ Know the importance of wearing non-restrictive clothing.
- Use your seat belt properly. Place the lap belt under your abdomen as low on your hips as possible and across your upper thighs. Position the shoulder belt between the breasts.
- Discuss feelings about your changing body.
- Start collecting things for the baby's first weeks.
 - Make a list for family and friends.
 - Prepare for breast or bottle feeding.
- ▶ Plan to get information on breast and nipple care. Then check on the supplies you will need.

Adapted from Nine Months to Get Ready ... You Can Make a Difference - Arizona Department of Health Services

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Seventh Month

Weeks Twenty-Eight to Thirty-Two



YOUR BABY

- Your baby will weigh about 2½ to 3 pounds by the end of this month and will be about 16 inches long.
 - A fine, soft hair called lanugo [lu-NOO-goh] covers the baby.
 - The brain and nervous system grow quickly.
 - Your baby's heartbeat might be heard by another person placing an ear on your abdomen.
 - The eyes can now open, close and blink.
 - The fingerprints are formed.
 - The testicles of boys start to move down into the scrotum.
 - Sleeping and waking times are definite.
 - Kicking and stretching movements are often noticed.
 - Your baby is sucking its thumb.
 - Iron is being stored from now until birth.

- You may gain weight faster because the baby's greatest growth period has begun.
- Your uterus is moving closer to your rib cage.
 - You may notice kicking against your ribs.
 - You can see your abdomen move as your baby moves.
- You may feel awkward and tire more easily.
 - You may notice some lightheadedness when you get up.
 - Your feet, hands and ankles may swell if it's hot or you've been standing a lot.
- Your breasts may leak enough to require absorbant padding in your bra.
- You may notice a loosening in the pelvic bones when you walk.
- You may feel false labor contractions, also called Braxton-Hicks Contractions. This is normal, but call your health care provider if you have more than five contractions in an hour.

- Get your prenatal checkup with your doctor this month.
 - Discuss how close to delivery you want to stop working.
- Start prenatal classes right away if you have put it off.
 - Tour the labor and delivery sections of the hospital you will use.
 - Think about things you will need the first six weeks, like convenience foods, paper plates, disposable diapers and/or diaper services.
- Eat a balanced diet, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.
- Drink six to eight glasses of water, juice and/or milk each day.
- Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.

- Take your prenatal vitamins and iron.
- Practice daily relaxation, breathing exercises and get plenty of rest.
- Talk about feeling and responsibilities with your partner.
- Plan special times with your partner.
- Take extra time to do things you want to do.
- Communicate to your baby each day by talking or singing. Your baby can hear and recognize your voice at birth.
- Use seat belt properly. Place the lap belt under your abdomen as low on your hips as possible and across your upper thighs. Position the shoulder belt between the breasts.



Eighth Month

Weeks Thirty-Two to Thirty-Six



YOUR BABY

- Your baby weighs about 5½ pounds and is about 18 inches long.
 - Rapid brain growth continues.
 - Your baby's eyes are open.
 - Your baby can smile, grimace and react to touch.
 - Its skin is smooth because fat begins to fill out the wrinkles.
 - The downy hair gradually disappears.
 - Your baby is too big to move around much but can kick strongly and roll around.
 - Your baby is active with noticeable patterns of sleep and wakefulness.
 - It may settle into the position for birth.
 - Your baby's body is now mature enough to survive if born early.
 - Your baby gains about 2 pounds this month
 - Bones of the head are soft and flexible to make it easier to fit through the birth canal.
 - Your baby's lungs may still be immature. If born now or before 37 weeks, your baby is premature but has an excellent chance of survival.

- You may find this month the most uncomfortable and you may become tired easily.
- You may have trouble sitting or lying down for long periods of time.
- You may have a problem breathing when the baby pushes against your lungs.
- Your uterus is now near your rib cage.
- You can feel parts of the baby through your abdominal wall.
- You may need to urinate more often (as the baby's head crowds your bladder).
- Your vaginal secretions increase.
- You may have hemorrhoids [HEM-or-roidz].
- You may have heartburn.
- You may sweat more easily.
- You may have some leakage of colostrum (the fluid that will feed your baby until your milk comes in) from your breasts as they begin to produce milk.

- ♥ Have a prenatal checkup every two weeks this month or as prescribed by your doctor.
- **♥** Eat a balanced diet of small frequent meals, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.
- Drink six to eight glasses of water, juice and/or milk each day.
- Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
- Take your prenatal vitamins and iron.
- **♥** Keep up your walking and stretching exercises.
- Practice the exercises from your childbirth class.
- Practice the relaxation techniques during Braxton-Hicks Contractions (the normal tightening or releasing of the uterine muscles).
- Preview what happens in labor and delivery.
- **♥** Make financial arrangements with the hospital.

- ▼ Make arrangements for the baby's care after birth.
- Plan for someone to help you at home after the birth
- Discuss names for the baby with your partner.
- Use your seat belt properly. Place the lap belt under your abdomen as low on your hips as possible and across your upper thighs. Position the shoulder belt between the breasts.
- Call your health care provider right away if you have bleeding or a gush of fluid from your vagina, cramps, stomach pains or a dull backache, blurry vision or spots before your eyes, a feeling that baby is pushing down, a noticeable decrease in the baby's movements, or more than five contractions in one hour.



Ninth Month

Weeks Thirty-Six to Forty



YOUR BABY

- Your baby weighs $6\frac{1}{2}$ to $7\frac{1}{2}$ pounds and is about 20 inches long.
 - The head is one-quarter the total length of the baby.
 - The eye color is dark grey (this may change after birth).
 - The bones are fully formed although still softer than the bones of adults.
 - The fingernails become complete and may grow long.
 - Your baby may drop into your pelvis in preparation for delivery.
 - The baby may seem quieter because there is less space for baby to move and turn.
 - The major organs are complete and their functions are maturing.
 - Your baby continues to have periods of sleep and activity.
 - Your baby's systems and organs still grow so he or she will be ready to breathe and grow after birth.
- ➡ About one quart of amniotic fluid surrounds your baby.
- Your baby grows about 2½ inches and gains about 2 pounds.

- Your fatigue, lower back aches and false labor pains may increase.
- Your abdomen is getting bigger and your belly button may stick out.
- You may have mild swelling in your hands and feet.
- You may feel pressure low in the pelvis as the baby settles into position for birth.
- ▼ The Braxton-Hicks Contractions may be more frequent.
- Your sleep may be disturbed.
 - You may need to urinate more often.
 - You may need to change positions often.
- You may tire easily and often feel drowsy.
- → A good position for sleeping is on your side with pillows under your tummy, behind your back and between your knees.

- **♥** Keep your prenatal checkup each week or as prescribed by your doctor until the baby arrives.
- **♥** Eat a balanced diet of small frequent meals, including cereal and grains, fruits, vegetables, dairy products, and meat and beans.
- Drink six to eight glasses of water, juice and/or milk each day.
- Avoid alcoholic drinks, tobacco, caffeine and other drugs unless prescribed by your doctor.
- Take your prenatal vitamins and iron.
- Continue to exercise and practice for childbirth.
- You should talk to your doctor regarding travel.
- Plan for a birth control method.
- Use your seat belt properly. Place the lap belt under your abdomen as low on your hips as possible and across your upper thighs. Position the shoulder belt between the breasts.
- List phone numbers of people to call when labor begins.

- **♥** Make arrangements for siblings for when you have to go to the hospital.
- You should pack your suitcase.
 - Pack clothes and other personal items to use at the hospital.
 - Pack clothes for you and your baby to wear home.
 - Bring a focal point or other items to use during labor.
- Treat yourself and your partner to something special.
- Decide whether you are going to breastfeed or bottle feed your baby.
- Time your contractions. You are in labor if:
 - Your contractions are regular or evenly spaced apart.
 - They happen more than five times an hour.
 - They last for 30 to 70 seconds.
 - They get worse as you move around.
- Call your health care provider if you think you are in labor.



Day One

After Childbirth



YOUR BABY

- Your newborn baby may look wrinkled and red.
- Your baby's head may be a bit out of shape from birth.
- His or her head will be large compared to the body.
- The top of the head will have soft spots in front and back.
- Your baby's eye color will be dark grey, but may change during the next weeks.
- Your baby's belly button will have part of the dried cord which should fall off within two weeks.
- Your baby can focus on your face.
- His or her breasts (both sexes) may be swollen for a few days.
- A boy baby may have a swollen scrotum [SCROH-tum].
- A girl baby may have a small bloody vaginal discharge.

- → He or she can respond to your voice and touch.
- Your baby can grasp your finger, suck his or her fingers and nurse.

- **♥** Share the joy of birth with your mate.
- You may feel tired. Sleep when your baby sleeps.
- **♥** You will want to cuddle your new baby.
- You will want to eat well-balanced meals.
- Your episiotomy [ee-PEEZ-ee-aw-toh-mee] incision will be sore.
 - Bathing frequently will help your bottom heal.
- You may have trouble urinating because of the swollen tissues.
- ▼ You may become constipated due to hesitation to have a bowel movement.
- You will lose weight as fluid is lost through frequent urination.

- You may sweat a lot to get rid of extra fluid.
- You will have a vaginal discharge (lochia) of blood from the uterus. It may be present for one to five weeks after birth.
- You will not have milk for breastfeeding for several days.
- Colostrum [coh-LAW-strum] will nourish your baby.
- Your breasts may become tender when your milk comes in.
- Your abdomen will stay large until your muscles tighten.

- Hold, cuddle, touch and enjoy your baby.
- Talk with your partner about the birth experience.
- ▼ Repeat Kegel {KAY-gul] exercises after birth.
- Get up and walk as soon as you can.
- Prest when you are tired.
- Drink lots of liquids and eat when hungry.
- To increase milk flow, breastfeed soon after delivery and at least every two to three hours.



Baby Bill of Rights

HOLD ME

Everything is so big and new to me. I don't understand where I am. Or who I

am. And I get scared. But when you hold me, I feel better. Your warmth warms me. Your breath and heart beat make me feel I belong. Belong here. Belong to you.



TALK TO ME

Sing, hum, babble, or even read the funnies to me! I don't know exactly what



you're saying, but I need to hear you. And I do know what you mean, even if I may not know words. Like your voice tones mean, "I love you." Or when you yell, I hear,

"You're a pest!" Unless you communicate with me, how can I learn? I learn from you.

ANSWER MY CRY

I don't cry to get you upset. Or to get you mad. I cry because I can't tell you



how I feel any other way. Maybe I'm cold or wet or hungry or scared and lonely. Answer my cries. You'll soon know what each one means.

You won't spoil me. You'll help me to be a better baby and to make you happier, too.

LOVE ME

Like me. Love me just as I am. Don't expect me to do what I can't do. Like

being toilet-trained. My muscles aren't ready yet. I know I'm messy. But I'm growing. Overlook my baby weaknesses. You're the most important person in my world. I can't make it without you. So get to know me. Have fun with me.

And love me ... just as I am.



Usual Complaints and Problems of Pregnancy



NAUSEA

What to Do

- Eat dry crackers, toast or cereal before getting up or when feeling sick.
- Eat five to six small meals a day.
- Drink lots of water between meals, but not during meals.
- Avoid strong food smells.
- Avoid greasy or spicy foods.

TENDER BREASTS

What to Do

 Wear a good bra. (It may help to wear it to bed.)

LEAKING BREASTS

What to Do

- Wear nursing pads or tissues in your bra.
- Apply pressure to your nipple.

FREQUENT URINATION

What to Do

- Limit fluids before bedtime.
- Limit fluids when a bathroom is not close. (Drink necessary fluids at other times.)

FATIGUE

Fatigue is common early and late in pregnancy.

What to Do

- Try to exercise each day to keep from getting tired.
- Lie down at least once a day.

CONSTIPATION

What to Do

- Eat raw fruits, vegetables, prunes and whole grain or bran cereals.
- Exercise helps. Walking is very good.
- Never hold back a bowel movement.
- Drink at least two quarts of fluid each day.
- Drinking a cup of hot water three times a day may help.

HEMORRHOIDS

What to Do

- Try to keep bowel movements regular.
- Take short rests with hips lifted on a pillow.
- Sit on firm chairs or sit tailor style on the floor.
- Practice the Kegel exercise.

LOW BACKACHE

What to Do

- Rest often.
- Maintain good posture.
- Move around rather than stand in one place too long.
- Use a footstool for your feet.
- Keep your knees higher than your hips.
- Wear low-heeled shoes.

BLEEDING GUMS

What to Do

- Use a soft toothbrush and brush gently.
- Drink more orange juice and eat more foods high in Vitamin C.

VAGINAL DISCHARGE

(Itching/discharge/odor)

What to Do

- Bathe the outer vaginal area often.
- Use non-perfumed soap.
- Do not use vaginal sprays, powders or feminine hygiene products.
- Do not use colored or perfumed toilet paper.
- Wear cotton panties.
- Avoid pantyhose, girdles and tight pants.

HEARTBURN

What to Do

- Stay away from greasy and spicy food.
- Eat smaller meals, but eat more often.
- Don't lie down just after eating.
- Check with your health care provider about taking antacids.

DIZZINESS

What to Do

- Change your position slowly.
- Get up slowly when you have been lying down.
- Eat regular meals.
- Do not stay in the sun too long.
- Report ANY dizziness to your health care provider.

FEELING FAINT WHEN LYING ON BACK

What to Do

• Lie on your left side.

VARICOSE VEINS

What to Do

- Avoid stockings or girdles with elastic bands.
- Wear support hose. Put them on while lying down.
- Take short rests with legs raised.
- Raise your legs when you sit down.

LOWER LEG CRAMPS

What to Do

- Elevate legs often during the day.
- Point toes upward and press down on knee-cap.
- Use a heating pad or hot water bottle for relief.
- Avoid meals at bedtime.
- Limit milk to two glasses a day.

SWELLING FEET AND HANDS

What to Do

- Lie on your left side for 30 minutes. (Do this three or four times a day.)
- Exercise often.
- Drink more fluids.
- Eat three servings of protein each day.
- Contact your health care provider if you wake up in the morning with swelling.

Tell your doctor or clinic about any problems/complaints you have been having and what you have done to provide relief.

If at any time these methods don't work, CALL your health care provider.

Adapted from Nine Months to Get Ready ... You Can Make a Difference - Arizona Department of Health Services

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Exercise for Pregnancy, Childbirth and Postpartum



KEGEL (KAY-gul) EXERCISE

The most important of all!

Purpose

By strengthening the muscles around the vagina, the Kegel exercise will increase your ability to control and relax these muscles completely.

How to Do the Kegel Exercise

- 1. To get the feel of the muscles, stop and start your urine when you use the toilet.
- 2. Try to tighten the muscles a small amount at a time, "like an elevator going up to the tenth floor." Then release very slowly one "floor" at a time.
- 3. Try to tighten the muscles from front to back. Include the anus (rectum) as you did in number 2.



When to Practice

- Practice while you sit, stand, walk, drive or watch TV.
- Do these exercises three times each day morning, afternoon and evening.
- Start with five repetitions each session. Work up to 20 to 30 each time.

KNEE PRESS

Purpose

The knee press will strengthen your inner thighs, stretch your lower back and improve your circulation.

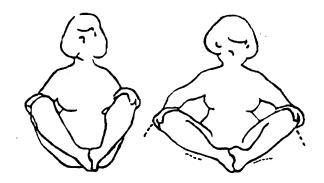
How to Do the Knee Press

- 1. Sit on the floor.
- 2. Now pull your feet together with soles touching.
- 3. Bring your feet as near to your body as you can with comfort.
- 4. Keep your back straight.
- 5. Press your knees slowly and gently to the floor.
- 6. Hold your knees to the floor and count to three.



When to Practice

- As often as possible during the day, sit crosslegged on the floor with your back rounded and relaxed.
- You could do this as a break during TV commercials.
- Work up to doing 10 repetitions each day.



ABDOMINAL STRENGTHENERS

Purpose

Abdominal strengtheners will strengthen and stretch your abdominal (tummy) muscles and improve your circulation

Leg Raise

- 1. Lie on your back with feet flat on the floor.
- 2. Bring one knee up to your chest as close as you can.
- 3. Raise your leg in the air.
- 4. Bend your knee and return your foot to the
- 5. Do the same exercise with your other leg.

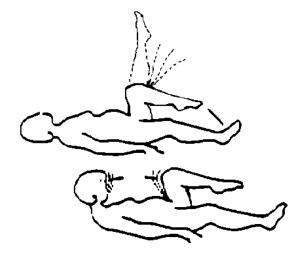
Knee Reach

- 1. Lie on your back with feet flat on the floor.
- 2. Lift your head and at the same time move one knee towards your nose.
- 3. Do the same thing with your other leg.



When to Practice

Repeat both exercises 10 times each day.



THE PELVIC ROCK

Purpose

The pelvic rock will strengthen your abdominal muscles, relieve backaches and improve your circulation.

How to Do the Pelvic Rock

This exercise is done in three different positions. Each time you do the exercise, tighten your abdominal muscles and tuck your buttocks under so that the small of your back is pushed back as far as possible.

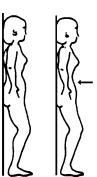
Position One

- 1. Get on your hands and knees with arms straight.
- Tighten your tummy muscles and tuck you hips under. Your back will hunch a little.
- 3. Relax.
- 4. Do this slowly and evenly.



Position Two

- 1. Stand with your back against a wall.
- 2. Tighten your tummy muscles and tuck in your buttocks so the small of your back is flat against the wall.
- 3. If you put your hands on your hip bones, you should feel your hips rock.



Position Three

- 1. Lie on your back with your feet flat on the floor.
- Tighten your lower tummy muscles and your buttocks to press the small of your back onto the floor.
- 3. Relax.
- 4. Repeat slowly and evenly.



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